



# The Wellness Initiative for Senior Education

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## Abstract

There are over 52 million people in the United States over the age of 65. As life expectancy continues to increase, interventions are needed to promote independence and healthy lifestyles in this population. The Wellness Initiative for Senior Education (WISE) is a health promotion program that helps older adults increase their awareness of the aging process. IUS Senior nursing students visited Guerin Woods, a senior living community, and facilitated the WISE program with a group of twenty -two seniors. This poster will present the goals of the WISE initiative, activities performed, and the health outcomes of the individuals that participated.



## Goals

- Understand how lifestyle choices and behaviors impact health
- Learn to use tools and feel empowered to manage health care, particularly regarding the use of medications
- Understand the aging process and how it affects the metabolism of alcohol and medications
- Develop an appreciation for cultural and generational diversity
- Recognize the early signs and symptoms of depression

### Topics covered include :

- Healthy lifestyle choices and behaviors
- Resources to manage health
- The aging process of each body system
- Prescription medications
- Substance abuse
- Stress

### Activities Performed:

- Educated over medications
- Offered a prescription drop off service
- Engaged in lectures and group activities such as scenarios, role playing, surveys, true/false games, discussions, and matching games

## Results

- 22 total participants
- 14% fully completed the course (Barriers considered)
- 100% made a change

### Most common changes were:

- Tried to take better care of themselves in general
- Set a health goal for themselves
- Made a list of all medications to put in purse or wallet
- Told a doctor about the supplements they were currently taking
- Spoke more openly with close family members or friends about their health

## Conclusion

By the end of the program, the participants stated that they felt more knowledgeable about the effects of aging on the body and their medications. They stated that they felt more prepared to deal with stress and learned new coping mechanisms to use in a variety of different situations. By reviewing post evaluations, 100% of participants made a change regarding their health. Guerin Woods has decided they want to continue participating in the WISE program yearly.